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WAR FOOD ADMINISTRATION
Office of Distribution

511-513 U. S. Court House
Phone 2-1365

Fort Worth, 2, Texas
February 3, 1944

WARTIME FOOD BULLETIN

Heavy receipts of Texas cabbage the last day or so make it the outstanding buy on the local wholesale fruit and vegetable market this week. It is now selling considerably below the ceiling for the first time in quite a while. Other best buys are bulk turnips, potatoes, grapefruit and oranges.

There were also heavier receipts of turnips this week than for some time, both bunched and topped, and the quality was extra fine. So I recommend cabbage and turnips for your special consideration on your next trip to market. Turnips in bulk are very reasonable in price.

Oranges and grapefruit are plentiful, and there are light supplies of Temples and tangerines. Take advantage of these liberal supplies of citrus so rich in vitamin C, which we need every day to build good strong teeth and gums and help fight colds and flu and other infections. Citrus prices at this time are the lowest they have been in some months.

Take advantage of these best buys so that you will be able to keep your food budget balanced, because you are going to have to pay more for some of the scarcer items such as beans, eggplant, peppers, summer squash, and cucumbers. These commodities, which were damaged by cold weather, will be lower priced again with increased supplies in a few weeks. Another slightly lower priced item is cauliflower.

There is a good supply of very fine broccoli on the market and it is fairly reasonable in price. Here is a good source of vitamin A. Celery and lettuce held at steady prices.

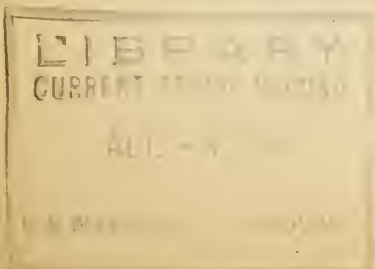
Don't pass up all those fine greens either, such as collards, mustard, (Popeye) spinach and turnip and beet tops.

With these and at least twenty other fruits and vegetables on the market for you to select from is it any wonder that we are indeed the best fed nation in the world.

Furnished by Charles D. Shorman, Federal Food Reporter.

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Fort Worth, 2, Texas
February 10, 1944

WARTIME FOOD BULLETIN

More liberal supplies of all kinds of greens on the local wholesale fruit and vegetable market make them among the best buys this week. There are collards, mustard, spinach and turnip and beet tops. This list of vitamin and mineral rich greens will give you a chance to have a different one each day, a chance that so many people in the world at this time do not have.

Cabbage continues to sell at very reasonable price and cauliflower is a little lower than last week.

Orange and grapefruit supplies are still plentiful and prices are well below the ceilings permitted. Take advantage of these lower priced fruits, especially as we have so few other fruits to choose from. There were new receipts of Western apples, but they are getting further and further apart.

Lettuce is another commodity that is slightly lower in price, with most supplies coming from California. Other salad selections now are avocados, celery, parsley and a few cucumbers.

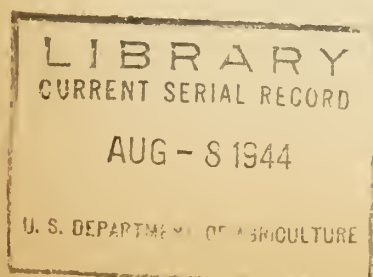
Potatoes and sweet potatoes are still among the best buys with prices continuing to stay steady. There should be no shortage of these potatoes this spring as there was last, as supplies in growers' and shippers' hands are still plentiful.

For spring plantings there are now available seed potatoes, onion plants, onion sets and cabbage plants.

Furnished by Charles D. Sherman, Federal Food Reporter.

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Fort Worth, 2, Texas
February 17, 1944

WARTIME FOOD BULLETIN

Cabbage is coming into its own. It is to have a day all its own, yes more than a single day- ten days in fact. From February 24 to March 4 it is to be the Headliner, the King of all Vegetables. It is to be designated as a Victory Food Special during that time, and many organizations will be behind the movement to greatly increase its consumption. This is to prevent the very large crop that we now have mature from going to waste in the fields, because of lack of buyers. If each family during this campaign will take home and use an extra two or three heads, the present surplus will be taken care of.

We will thus be helping the war effort by letting none of our precious food go to waste, and ourselves as well, because cabbage is one of the cheapest vegetables on the market at this time.

According to the estimated production of Commercial Truck Crops released January 10 by the United States Department of Agriculture, this winter's crop of domestic type cabbage is 85 percent above last year and 18 percent above the all time high.

Most of the winter cabbage grown is known as domestic type and does not keep in storage as well as that grown later in the year, which is mostly Danish type.

Domestic cabbage seed was brought to this country by one of the early explorers, so is one of our oldest vegetables.

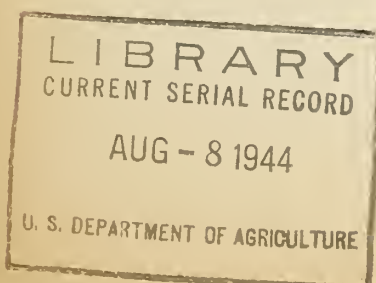
There are many ways to serve this vegetable both raw and cooked, and it will fit into almost any part of a meal.

So don't forget King Cabbage.

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Fort Worth, 2, Texas
February 24, 1944

WARTIME FOOD BULLETIN

There are heavy supplies of many South Texas vegetables on the Fort Worth wholesale fruit and vegetable market this week, and most of them are among the best buys.

BEETS, both bunched and topped, of fine quality and reasonable in price.

BROCCOLI, fairly light supplies, but extra nice large bunches, moderately priced.

CABBAGE, the Victory Food Special this week, heavy supplies and low in price. Help use up the surplus supplies of this fine vegetable that is in the fields and on the markets, so that none of it goes to waste.

CARROTS, bunched and topped, especially good quality and very low in price.

CAULIFLOWER, moderate supplies of good quality. Take a look under the long jacket leaves and see how white those heads are.

COLLARDS, supplies plentiful, large, nice quality bunches, cheap in price.

MUSTARD, the nicest that has been on the market. Very reasonable.

GREEN ONIONS, in light supply because of wet fields, and a little higher priced, but should be back to normal in a few days.

PARSLEY, enough for everybody.

PEAS, in the higher priced class, with very light supplies.

POTATOES, good supplies and reasonable prices for new stock.

RADISHES, moderate supplies of good quality, moderately priced.

SPINACH, another vegetable showing heavy supplies at this time, needs more attention from you homemakers. Quality is good and prices low, especially when the vitamins are considered.

TURNIPS: Take your choice - small tender, bunched for greens, or bunched with tops so you can use both, or in bushels or sacks without the tops. There are heavy supplies of all three and again the nicest that has been on the market, all very low in price.

SWEET POTATOES from East Texas- supplies liberal, fine quality, prices moderate.

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